

What is claimed is:

1. A composition for attenuating at least one factor involved in the inflammation-associated destruction of tissue comprising a first component comprising a long-chain normal primary aliphatic alcohol, and a second component selected from the group consisting of a B₁₂ Vitamin, a D Vitamin, coenzyme Q, an omega-3 fatty acid and combinations thereof.
2. The composition of claim 1, wherein the second component of the composition comprises an omega-3 fatty acid in combination with one or more of a B₁₂ Vitamin, a D Vitamin and coenzyme Q10.
3. The composition of claim 1, wherein the second component of the composition comprises a B₁₂ Vitamin, a D Vitamin, coenzyme Q10, and an omega-3 fatty acid.
4. The composition of claim 1, wherein the long-chain normal primary aliphatic alcohol comprises alcohols having the formula C_nH_(2n+1)OH, and mixtures thereof, wherein n is an integer having a value from 22 to 40.
5. The composition of claim 1, wherein the long-chain normal primary aliphatic alcohol comprises one or more of 1-triacontanol, 1-octacosanol, 1-heptacosanol, 1-hexacosanol, 1-tetracosanol.
6. The composition of claim 1, wherein the long-chain normal primary aliphatic alcohol having the formula C₂₈H₅₇OH comprises between 50% to 70% of the alcohols present.
7. The composition of claim 1, wherein the long-chain normal primary aliphatic alcohol having the formula C₃₀H₆₁OH comprises between 50% to 70% of the alcohols present.
8. The composition of claim 1, wherein the second component of the composition comprises a B₁₂ Vitamin selected from the group consisting of cyanocobalamin, methylcobalamin, adenosylcobalamin and mixtures thereof.
9. The composition of claim 8, wherein the B₁₂ Vitamin is methylcobalamin.
10. The composition of claim 1, wherein the second component of the composition comprises a D Vitamin selected from the group consisting of Vitamin D₂, Vitamin D₃, 1,25-dihydroxyvitamin D₃, 24,25-dihydroxyvitamin D₃, 25-hydroxyvitamin D₃ and mixtures thereof.

11. The composition of claim 10, wherein the D Vitamin is Vitamin D₃.
12. The composition of claim 1, wherein the second component of the composition comprises an omega-3 fatty acid selected from the group consisting of eicosapentaenoic acid, docosahexaenoic acid and mixtures thereof.
13. The composition of claim 1, wherein the composition contains the long-chain normal primary aliphatic alcohol in an amount between 0.1 mg to 1000 mg per dosage.
14. The composition of claim 1, wherein the composition contains the long-chain normal primary aliphatic alcohol in an amount between 0.1 mg to 100 mg per dosage.
15. The composition of claim 1, wherein the composition contains the long-chain normal primary aliphatic alcohol in an amount between 0.2 mg to 50 mg per dosage.
16. The composition of claim 1, wherein the second component of the composition contains the B₁₂ Vitamin in an amount of about 0.1 mg to 10 mg per dosage.
17. The composition of claim 1, wherein the second component of the composition contains the B₁₂ Vitamin in an amount of about 0.001 mg to 5 mg per dosage.
18. The composition of claim 1, wherein the second component of the composition contains the B₁₂ Vitamin in an amount of about 0.002 mg to 2.5 mg per dosage.
19. The composition of claim 1, wherein the second component of the composition contains the D Vitamin in an amount of about 0.001 mg to 0.100 mg per dosage.
20. The composition of claim 1, wherein the second component of the composition contains the D Vitamin in an amount of about 0.002 mg to 0.050 mg per dosage.
21. The composition of claim 1, wherein the second component of the composition contains the coenzyme Q10 in an amount between 1.2 mg and 1200 mg per dosage.
22. The composition of claim 1, wherein the second component of the composition contains the coenzyme Q10 in an amount between 2.5 mg and 600 mg per dosage.
23. The composition of claim 1, wherein the second component of the composition contains the omega-3 fatty acid in an amount between 0.25 g to 40 g per dosage.
24. The composition of claim 1, wherein the second component of the composition contains the omega-3 fatty acid in an amount between 1 g to 10 g per dosage.
25. The composition of claim 1, wherein the second component of the composition contains the omega-3 fatty acid in an amount between 1 g to 5 g per dosage.

26. The composition of claim 1, wherein the omega-3 fatty acid is comprised of a mixture of eicosapentaenoic acid and docosahexaenoic acid in a ratio of between 1:1 to 1:5.
27. The composition of claim 1, further comprising at least one member selected from the group consisting of antioxidants, Vitamins, minerals, proteins, fats, carbohydrates, natural plant products, and mixtures thereof.
28. The composition of claim 1, further comprising at least one pharmaceutically acceptable carrier, wherein the pharmaceutically acceptable carrier is selected from the group consisting of diluents, stabilizers, binders, buffers, lubricants, coating agents, preservatives, emulsifiers and suspension agents.
29. The composition of claim 1, wherein the composition is formulated as one of a capsule, a caplet, a tablet, a softgel, a gelatin cube, a suppository, a patch, a systemic implant, a liquid, a bar, a functional food, an oral solution, an oral suspension, an injectable solution and an injectable suspension.
30. A method for attenuating one or more symptoms or risk factors associated with autoimmune disease or immuno-inflammatory disease in mammals comprising administering an effective amount of a composition comprising a first component comprising a long-chain normal primary aliphatic alcohol, and a second component selected from the group consisting of a B₁₂ Vitamin, a D Vitamin, a coenzyme Q, an omega-3 fatty acid and combinations thereof.
31. The method of claim 30, wherein the second component of the composition comprises an omega-3 fatty acid in combination with one or more of a B₁₂ Vitamin, a D Vitamin, and a coenzyme Q, and combinations thereof.
32. The method of claim 30, wherein the second component of the composition comprises a B₁₂ Vitamin, a D Vitamin, coenzyme Q10, and an omega-3 fatty acid.
33. The method of claim 30, wherein the long-chain normal primary aliphatic alcohol comprises alcohols having the formula $C_nH_{(2n+1)}OH$, and mixtures thereof, wherein n is an integer having a value from 22 to 40.
34. The method of claim 30, wherein the long-chain normal primary aliphatic alcohol comprises one or more of 1-triacontanol, 1-octacosanol, 1-heptacosanol, 1-hexacosanol, 1-tetracosanol.

35. The method of claim 30, wherein the long-chain normal primary aliphatic alcohol having the formula $C_{28}H_{57}OH$ comprises between 50% to 70% of the alcohols present.
36. The method of claim 30, wherein the long-chain normal primary aliphatic alcohol having the formula $C_{30}H_{61}OH$ comprises between 50% to 70% of the alcohols present.
37. The method of claim 30, wherein the second component of the composition comprises a B_{12} Vitamin selected from the group consisting of cyanocobalamin, methylcobalamin, adenosylcobalamin and mixtures thereof.
38. The method of claim 37, wherein the B_{12} Vitamin is methylcobalamin.
39. The method of claim 30, wherein the second component of the compound comprises a D Vitamin selected from the group consisting of Vitamin D_2 , Vitamin D_3 , 1,25-dihydroxyvitamin D_3 , 24,25-dihydroxyvitamin D_3 , 25-hydroxyvitamin D_3 and mixtures thereof.
40. The method of claim 39, wherein the D Vitamin is Vitamin D_3 .
41. The method of claim 30, wherein the second component of the compound comprises an omega-3 fatty acid selected from the group consisting of eicosapentaenoic acid, docosahexaenoic acid and mixtures thereof.
42. The method of claim 30, wherein the composition contains the long-chain normal primary aliphatic alcohol in an amount between 0.1 mg to 1000 mg per dosage.
43. The method of claim 30, wherein the composition contains the long-chain normal primary aliphatic alcohol in an amount between 0.1 mg to 100 mg per dosage.
44. The method of claim 30, wherein the composition contains the long-chain normal primary aliphatic alcohol in an amount between 0.2 mg to 50 mg per dosage.
45. The method of claim 30, wherein the second component of the composition contains the B_{12} Vitamin in an amount of about 0.1 mg to 10 mg per dosage.
46. The method of claim 30, wherein the second component of the composition contains the B_{12} Vitamin in an amount of about 0.001 mg to 5 mg per dosage.
47. The method of claim 30, wherein the second component of the composition contains the B_{12} Vitamin in an amount of about 0.002 mg to 2.5 mg per dosage.
48. The method of claim 30, wherein the second component of the composition contains the D Vitamin in an amount of about 0.001 mg to 0.100 mg per dosage.

49. The method of claim 30, wherein the second component of the composition contains the D Vitamin in an amount of about 0.002 mg to 0.050 mg per dosage.
50. The method of claim 30, wherein the second component of the composition contains the coenzyme Q10 in an amount between 1.2 mg and 1200 mg per dosage.
51. The method of claim 30, wherein the second component of the composition contains the coenzyme Q10 in an amount between 2.5 mg and 600 mg per dosage.
52. The method of claim 30, wherein the second component of the composition contains the omega-3 fatty acid in an amount between 0.25 g to 40 g per dosage.
53. The method of claim 30, wherein the second component of the composition contains the omega-3 fatty acid in an amount between 1 g to 10 g per dosage.
54. The method of claim 30, wherein the second component of the composition contains the omega-3 fatty acid in an amount between 1 g to 5 g per dosage.
55. The method of claim 30, wherein the second component of the composition comprises an omega-3 fatty acid comprised of a mixture of eicosapentaenoic acid and docosahexaenoic acid in a ratio of between 1:1 to 1:5.
56. The method of claim 30, wherein the composition further comprises at least one member selected from the group consisting of antioxidants, vitamins, minerals, proteins, fats, carbohydrates, natural plant products, and mixtures thereof.
57. The method of claim 30, wherein the composition further comprises at least one pharmaceutically acceptable carrier, comprising one of a diluent, a stabilizer, a binder, a buffer, a lubricant, a coating agent, a preservative, an emulsifier and a suspension agent.
58. The method of claim 30, wherein the composition is formulated as one of a solid capsule, a caplet, a tablet, a softgel, a gelatin cube, a suppository, a patch, a systemic implant, a liquid, a bar, a functional food, and an oral or injectable solution or suspension.
59. The method of claim 30, wherein the autoimmune disease or immuno-inflammatory disease is one of multiple sclerosis and rheumatoid arthritis.
60. The method of claim 30, wherein the autoimmune disease or immuno-inflammatory disease is multiple sclerosis.
61. The method of claim 30, wherein the autoimmune disease or immuno-inflammatory disease is rheumatoid arthritis.

62. The method of claim 30, wherein the composition is administered until the symptoms of the autoimmune disease or immuno-inflammatory disease are attenuated to a non-detectable level.
63. The method of claim 30, further comprising administering the composition at a reduced maintenance level after the symptoms of the autoimmune disease or immuno-inflammatory disease are attenuated to a near non-detectable level.
64. The method of claim 30, wherein the composition is administered prophylactically to prevent the medical condition of the autoimmune disease or immuno-inflammatory disease.